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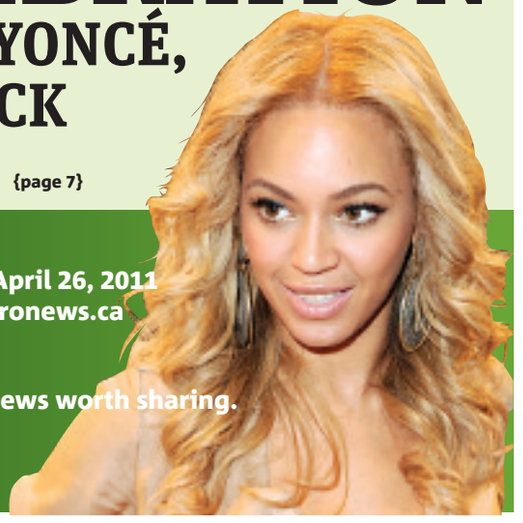
VEGGIE FOOD DONE TO PERFECTION
TRY LO BISTRO'S COCONUT CURRY {page 10}

CELEBRATION

WILL BEYONCÉ, JAY-Z ROCK ROYALS? {page 7}



WINNIPEG metro®

Tuesday, April 26, 2011
www.metronews.ca

News worth sharing.

In. Step

▶ Only a few weeks ago, Cari LaRiviere could barely walk due to complications from a slipped disc in her neck.

JAMES TURNER/METRO

Getting back into the swing of things

After enrolling in a University of Manitoba engineering research study involving what's called a Neuro Mechano Stimulator Pedal machine — it stimulates the soles of people's feet — ballroom dance student Cari LaRiviere says she's close to regaining her salsa.

City on hunt for stadium site buyer

As part of contract, bidders must tear down existing stadium at no cost to the city New stadium being built at University of Manitoba

ELISHA DACEY
@METRONEWS.CA

Canad Inns Stadium is officially unofficially for sale.

The City of Winnipeg published a tender looking for a buyer for the entire stadium site, which is about 26 acres.

The tender states specifically the city is looking for a high-density, mixed-use development.

Jeff Browaty, chairman of the city's planning and property development committee, called the tender an "exciting opportunity" and hoped to see creative ideas come from the development community.

"I think the most profitable scenario will be one that is creative," said Browaty.

"A big box store isn't probably the first thing we'll be looking for."

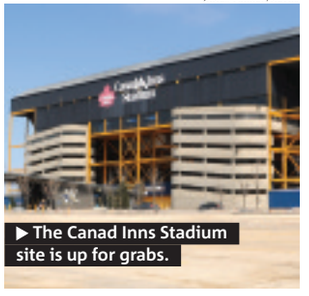
Browaty said the city hopes to see proposals that mix commercial and high-density residential, along with transit opportunities.

"We do have some restrictions on that site because of the airport," Browaty said, adding height restrictions mean a 30-storey condo unit wouldn't be approved.

"But there's lots of room for various things."

Submissions for the site close June 3 at 4 p.m.

JAMES TURNER/METRO



▶ The Canad Inns Stadium site is up for grabs.

1 news

Leg-reversal surgery keeps a young athlete battling cancer on the team. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Only rubble and grazing animals remain now that a booby-trapped Taliban compound where a Canadian soldier was killed has been destroyed at the request of locals. Video at metronews.ca.

Follow us on Twitter @metrowinnipeg

‘Pray for us’: Flood evacuees

Seventy-nine provincial roads affected by flooding ◆ 600 municipal roads closed due to flooding ◆ Without floodway, diversion and reservoir, downtown Winnipeg would be underwater today

JOHN WOODS/THE CANADIAN PRESS

▶ Autumn Alexander pulls her case to the evacuation centre where her family will get on a bus to Winnipeg as they are being evacuated from the Roseau River First Nation Sunday.

ELISHA DACEY
@METRONEWS.CA

Flood refugees evacuated from their homes on Roseau River First Nations are asking Winnipeggers to spare a thought for those who have been displaced.

“Ask them to pray for us,” said one man who was forced from his home Easter weekend.

Standing outside the flood evacuation centre at Century Arena in Winnipeg, the man, who identified himself only as Nelson, said people living in Winnipeg are lucky.

“Not every community has a floodway to protect them.”

Roseau River First Nation was entirely evacuated by last night, bringing the number of evacuees to about 1,772, most of them First Nations.

Over the weekend, provincial flood officials lowered the Red River’s crest forecast to a range of 20.1 feet to 21.3 feet above normal ice level and lower than 2009 levels. The same will hold true for most of the Red River, except at Emerson, Letellier, Ste. Agathe and St. Adolphe, where 2009 levels or higher are expected. The Red River crested in Emerson yesterday at 790.29 feet, just below 2009 levels, said officials.

Outside of Winnipeg, flood-weary farmers and townspeople in Melita are breathing sighs of relief as water levels have started to drop. The Souris River at Souris is close to crest.

The west ring dike in Morris was closed yesterday at PTH 23 due to high water, but the community still has access to the town at the east end of the dike.

JOHN WOODS/THE CANADIAN PRESS

▶ Four-year-old Kingsley James plays as his family waits for the bus to take them to Winnipeg on Sunday.

The Assiniboine River continues to rise. Flows into the Portage Diversion are at maximum capacity. At the Shellmouth reservoir, it is expected the reservoir will overrun within the next four days. Provincial officials said the flood warning for the Assiniboine River from the Shellmouth Bridge to Portage la Prairie is still in effect, and a flood watch has now been issued for the Assiniboine River downstream of Portage la Prairie.

Cops still chasing suspect

Winnipeg police are again asking the public for help in finding the driver involved in an alleged hit-and-run.

A 27-year-old woman was taken to hospital in critical condition after being hit by a car on Main Street near Kingsbury Avenue on April 19. The woman’s condition has been upgraded to stable.

The car is described as a 90s dark-coloured, maybe green, Toyota Camry. Witnesses have reported the car was being driven by a white older male.

Anyone with information is asked to call 986-6271 or Crimestoppers at 786-TIPS. METRO

Goldeyes open house on May 7

The Winnipeg Goldeyes will hold their annual open house on Saturday, May 7, from 10 a.m. to 2 p.m. and it’s free for fans.

The open house will also feature a live band, an opportunity for fans to clock their pitching speed, tours of the clubhouse and an on-field training session from 11 a.m. to 1 p.m.

Open training camp is this Sunday, April 30, at Shaw Park from 2 to 4:30 p.m. It’s free for the public to come watch. METRO

CONTRIBUTED

First Nation ratifies deal

Long Plain First Nation voted last Tuesday to ratify a deal that would see them receive $20 million for an outstanding land loss-of-use claim.

The money will be put into a trust fund that is expected to generate $600,000 a year to use towards reserve expenses.

The federal government must sign the deal within the next 100 days. METRO

Project Rollback convictions roll in, fraudsters fined

Two who pleaded guilty to fraud get fines, no jail **MPI faced losses of $1.2 M**

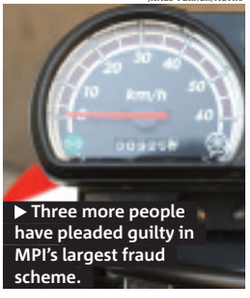
JAMES TURNER
@METRONEWS.CA

Manitoba Justice is clocking convictions in connection with one of the largest fraud investigations in the history of Manitoba Public Insurance.

Three accused in a major police operation dubbed Project Rollback have been sentenced.

The latest admission of guilt came last Thursday when a 33-year-old Winnipeg man pleaded guilty to attempted fraud over $5,000. The university-educated customer service agent was handed a one-year conditional discharge and 100 hours of community service work.

JAMES TURNER/METRO



▶ Three more people have pleaded guilty in MPI's largest fraud scheme.

Court heard he was "duped" into helping one of the scheme's kingpins — a longtime friend — falsify insurance and inspection records for an SUV that was later reported stolen and found to have had its odometer tampered with.

Police arrested 26 suspects in connection to the fraud, which they said was operated by a "gang." Some of the key players are facing criminal-organization charges on top of those related to the alleged deception.

Just days before the man was sentenced, a 33-year-old man and a 23-year-old woman each pleaded guilty to two counts of fraud over $5,000 and received fines amounting to less than $1,000 each.

Construction. Season

▶ A line of vehicles waits to cross the Osborne Street Bridge.

JAMES TURNER/METRO

Bridge over troubled traffic

Long northbound traffic lineups have begun in Osborne Village as the city ramps up its effort to rehabilitate the Osborne Street Bridge. As well, pedestrians have been shunted over to the west side of the bridge. Construction will continue until October, and then begin again in April 2012.

The cost of keeping Lake Winnipeg clean

A battle to slash the impact city wastewater has on Lake Winnipeg has a new champion — and he thinks it's worth spending a little extra green.

Coun. Grant Nordman is sponsoring a motion pressuring city staff to buy EcoLogo — certified cleaning products.

The motion has passed uncontested through two committee votes after being tabled only weeks ago.

The Canadian Taxpayers Federation cautioned the motion could lead toward higher costs.

"It might make sense for the city to purchase some products with that certification ... (some) purchases get carried away in the name of environmentalism." COLIN CRAIG, CTF

"When you put restrictions on what products you can use or what firms you partner with, you're reducing the supply of bids and that can lead to higher costs," CTF spokesman Colin Craig said.

"It wouldn't surprise me if ... some of the green products are more expensive," Nordman said.

"This is about helping the lake, not saving the City of Winnipeg money."

City wastewater winds up in Lake Winnipeg, where phosphorus and nitrogen cause algae blooms and deplete the lake's oxygen levels. JAMES TURNER

What is EcoLogo?

- Bills itself as an environmental certification and marketing effort building support for "the world's most sustainable products."
- Was started by Canada's federal government in 1988; now managed by a separate company.

Raves legal, officer says

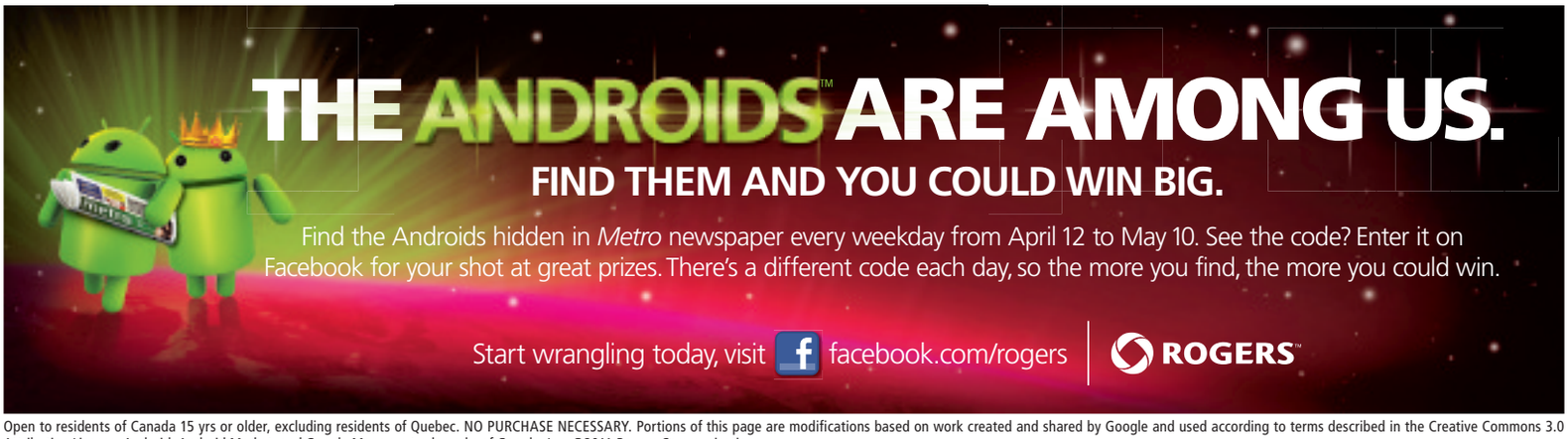
With live DJs and a cover, raves are a late-night underground party and they're happening all over Winnipeg.

"They have always been happening ... this is basically a continuation of something that has been happening for 30 or 40 years," said Tyson Cormack, an occasional host of the underground events.

Parties are organized through social media and those attending are given instructions from organizers to "stay low key," and park several blocks away.

Despite these instructions, Cormack insisted the parties are legal and they do not serve alcohol at the event. Although he doesn't condone it, illicit drug use is part of the underground culture.

The parties don't break any laws, said Const. Natalie Aitken, noting organizers are responsible for making sure they don't violate fire codes. MORGAN MODJESKI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Tories ready to 'hit the ground running'

- Harper maintains Conservatives have strong record of collaborating
- Says government moving 'cautiously' on foreign investment rule changes

Election 2011

An increasingly confident Stephen Harper is treating next week's election like a speed bump en route to a renewed Conservative mandate.

Harper told a crowd at a northern Ontario college that "the business of government will commence Tuesday" if voters honour him with a majority.

The Conservatives "will be able to hit the ground running," he said yesterday in Sault Ste. Marie.

As he openly pushes for his first unfettered mandate since taking power five years ago, Harper is soft-pedalling what a Conservative majority would look like.

His government is "proceeding very cautiously" on changes to foreign investment rules, and would consult widely when appointing new judges to the Supreme Court of Canada, he said.

"But I hope that after the election we'll have a strong, stable majority, we will not continue to have all of this parliamentary manoeuvring, fall into another election and we'll focus on the economy."

THE CANADIAN PRESS

Layton: Fears of split vote unfounded

Jack Layton is dismissing as "absurd" the idea that voting for the resurgent New Democrats could result in a Conservative majority government.

Layton is responding to suggestions that the surging NDP campaign will drain support not from the Tories, but from their Liberal and Bloc Québécois rivals instead.

And he says the Liberals voted with the Tories more than 100 times in the last three years. THE CANADIAN PRESS

Tory line

Harper continues to shrug off the historic contempt-of-Parliament ruling that brought down his government on March 25.

- **Blame** Harper says other parties wanted to "bring down the government at all cost."
- **Advertising** Tory attack ads began in January. "Politics is a sport of give and take. We're in a vigorous campaign," Harper said.
- **Boasting** $26 million was spent on economic boosterism advertising in the run-up to the election call.

Separatist. Support

▶ Bloc Québécois Leader Gilles Duceppe, left, greets former Quebec premier Jacques Parizeau during a campaign stop in Longueuil, Que., yesterday.

GRAHAM HUGHES/THE CANADIAN PRESS

Calling all sovereigntists

The Bloc Québécois trotted out an old sovereigntist warhorse yesterday as the separatist party continued to fend off an apparent NDP surge in Quebec. Former Parti Quebecois premier Jacques Parizeau took the stage at a campaign rally near Montreal, calling on members of his old provincial party to fire up support for their political cousins.

Car. Crash

▶ Workers give the final check to Toyota's Yaris compact sedans at a plant in Ohira, Japan. Domestic production last month was 129,491 vehicles, the lowest since 1976.

KOJI SASAHARA/THE ASSOCIATED PRESS

Bumpy road ahead

Toyota Motor Corp.'s car production in Japan plummeted 62.7 per cent last month due to a parts shortage after the earthquake and tsunami. Toyota sold 8.42 million vehicles last year, just managing to keep its lead over a resurgent General Motors Co., which sold 8.39 million, thanks to booming sales in China. Given Toyota's production woes, analysts predict GM will reclaim the title of world's largest automaker that it lost to Toyota in 2008.

Gates now biggest CN shareholder

Microsoft co-founder and philanthropist Bill Gates has become the largest shareholder of Canadian National Railway, with a $3.2-billion stake in Canada's largest rail company.

Montreal-based CN says the world's second-wealthiest man owned or exercised control over 10.04 per cent of its shares as of Feb. 25.

The value of his shares is based on yesterday's trading price of $69.97, up nine cents in afternoon trading on the Toronto stock exchange.

FRANCK PREVEL/GETTY IMAGES

▶ Bill Gates has been buying up CN stock since being identified as a shareholder in 2006.

46.07

Bill Gates holds 46.07 million shares of CN through Cascade Investment and as co-trustee of the Bill & Melinda Gates Foundation Trust.

CN's market capitalization for its total of 458.6 million shares was $32 billion.

Gates's friend Warren Buffett, through his holding company Berkshire Hathaway Inc., acquired full control of U.S. rail company Burlington Northern Santa Fe Corp. early last year.

CN releases its first-quarter financial results today. The company's annual meeting is tomorrow in Toronto. Analysts polled by Thomson Reuters expect its adjusted earnings will rise to 88 cents per share on $2.1 billion in revenues.

THE CANADIAN PRESS

U.A.E. to curb service

Authorities in United Arab Emirates are pushing ahead with plans to impose restrictions on the most secure BlackBerry service on May 1. The policy will limit access to the BlackBerry Enterprise Server to companies with 20 accounts or more. Critics see the new rules as a way to more closely monitor political activism.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 64.7 (13,907.32)	– 0.09¢ (104.76¢ US)
Oil	**Natural gas** 1,000 cu ft $4.43 US (+ 1¢ US)
– 1¢ US ($112.28 US)	**Gold** contracts $1,509.10 US (+ $5.30 US)

EMBRACE THOSE GUILTY PLEASURES

SHE SAYS ...

JESSICA NAPIER
METRO

I've given up trying to be cool.

For a while there I was pretty focused on being on trend; listening to the right bands (great, but not so great that everyone already knows about them), wearing the hottest shade of nail polish, eating at restaurants that refused to take reservations. You get the point.

Lately, however, I've decided to get over myself and embrace the fact that I'm not really all that hip. In fact, I actually like a lot of things that are pretty lame. I have a lengthy iPod playlist dedicated to Brit-pop from the early 2000s, enjoy eating Nutella sandwiches made with white-trash Wonder bread, and spend an embarrassing amount of time watching Say Yes To The Dress.

Once in a while I allow myself to purchase a trashy paperback housed in the young adult section of the bookstore. Every time, I find myself hastily explaining to the cashier that my (non-existent) 14-year-old cousin just loves vampire-romance novels. At home, I hide my secret stash of tweentastic page-turners behind stacks of more acceptable reading material.

"Scholarly pursuits, high art and fine cuisine are usually found at the top of the cultural hierarchy while reality television, monster truck rallies and Kraft Dinner fall to the bottom."

So why do I proudly display my collection of classic literature and cultural theory textbooks but conceal my worn-in copies of Harry Potter?

Scholarly pursuits, high art and fine cuisine are usually found at the top of the cultural hierarchy while reality television, monster truck rallies and Kraft Dinner fall to the bottom. Even lettuce is subject to the high-low divide — my preference for iceberg lettuce over spinach and other leafy greens has led to a number of grocery store debates with my significant other.

Are we right in feeling so ashamed for liking certain things but not others? Is it really all that bad if you don't get modern art or if you have seen (and loved) every Vin Diesel movie ever made, including The Pacifier? So what if you're a closet Nickelback fan — I can't tell the difference between boxed wine and a $60 bottle and I'm OK with that.

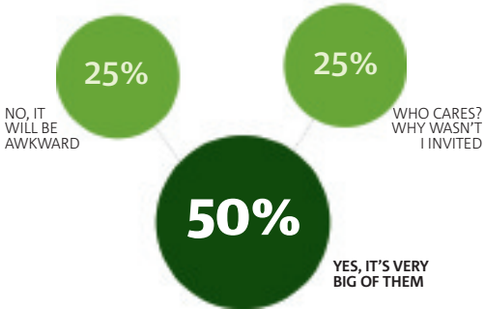
Stop defending your bad taste by claiming you like watching Teen Mom "ironically." There is no sense in denying the gratification that comes from our so-called lowbrow interests. Without guilty pleasures celebrity gossip magazines would fold, personal-sized tubs of Ben and Jerry's would go uneaten and the Kardashian empire would come crashing down. OK, maybe that wouldn't be such a bad thing.

It's terribly exhausting to be sophisticated all the time so why not put the pretension aside and allow yourself to indulge guilt free.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Should Prince William and Kate Middleton have invited their exes to the wedding?



Local tweets

- **@Shane-Hoopfer:** hey #Winnipeg would anyone like to see Teemu in a #Jets jersey for one last season?
- **@jaredsiebert:** Heading to Winnipeg to teach another Church Planting Summit. Hope I won't need a canoe ...
- **@winnipegguy:** It will be traffic chaos downtown if an announcement is made this week that the Coyotes are moving to Winnipeg. Hope they time it right.
- **@tiffanybor:** Heading off to vote and then write my last exam at U of Winnipeg! Gonna fail, don't care!
- **@Flannel_Boy:** You can't swing a dead cat in Winnipeg without hitting an SPCA volunteer.
- **@_Schfiftyfive:** Damn Winnipeg, you are certain the NHL is coming back. I'll try not to say I told you so when it doesn't happen.
- **@susan_peters:** Tories and NDP winning election sign battle in Winnipeg. I've only seen one Green party sign.
- **@SethMacFarlane:** 100 years ago, a man in Winnipeg seen a bear take a s**t at the zoo and then made millions in book sales

Letters & tweets

TORONTO. Your cartoon (Michael de Adder) in the April 19 paper, a jab at youth participation in voting, both shocks and offends me.

As a student committed to voting this election, I find this cartoon distasteful.

You should encourage the youth to vote, not depict us hard-working students as lazy. Youth do not vote because we feel we have no voice, nor do we feel as if our elected officials really address the issues that affect us.

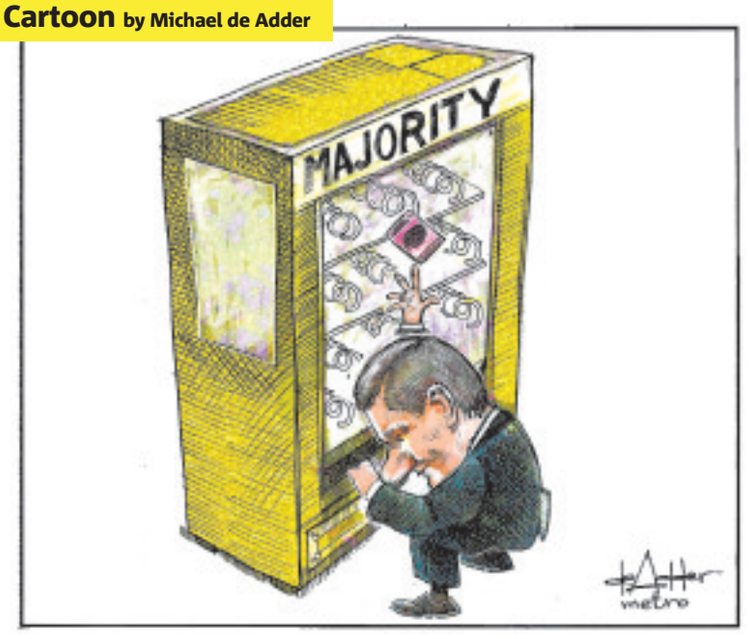
What can the federal or local leaders do for me as a student who has been unemployed for more than two years?

Maybe we don't feel the need to vote because of all the arbitrary political rhetoric that is thrown around in the media and between leaders; we are spectators who are getting scolded for not jumping into a game in which we don't even feel part of.

ANDREW WARD

@murphymichael: Dear Liberal Ad writers: You can't call @jacklayton a career politician, then turn around and say he's too inexperienced to govern. #elxn41

Cartoon by Michael de Adder



WEIRD NEWS

A classic story: You never know what you'll find

Book dealer Ken Sanders has seen a lot of nothing in his decades appraising "rare" finds pulled from attics and basements, storage sheds and closets.

Sanders, who occasionally appraises items for PBS's Antiques Roadshow, often employs the "fine art of letting people down gently."

But on a recent Saturday while volunteering at a fundraiser for the small town museum in Sandy, Utah, just south of Salt Lake, Sanders got the surprise of a lifetime.

"Late in the afternoon, a man sat down and started unwrapping a book from a big plastic sack, informing me he had a really, really old book and he thought it might be worth some money," he said. "I kinda start, oh boy, I've heard this before."

Then he produced a tattered, partial copy of the 500-year-old Nuremberg Chronicle.

The German language edition printed by Anton Koberger and published in 1493 is a world history beginning in biblical times. It's considered one of the earliest and most lavishly illustrated books of the 15th century. **THE ASSOCIATED PRESS**

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2 scene

Prom's Teegarden is a star on the rise

▶ Aimee Teegarden stars in Prom, which opens on Friday.

▶ Friday Night Lights star has found plenty of movie work since TV show ended ▶ The 21-year-old is even producing her own movie

ANNE BRODIE
SCENE@METRONEWS.CA

Aimee Teegarden is smart, beautiful and good natured, but she doesn't have a date for the dance she's organizing in Prom. While that irony sinks in, consider how smart she is in real life. After five years on Friday Night Lights, the 21-year-old is producing her own projects.

"I've had amazing opportunities," Teegarden said. "I've seen what everyone's job entailed and jumped at the idea of creating my own work from now on. Finding projects and scripts to get them up and running excites me."

Prom follows high school seniors anxiously awaiting the end of school ritual.

"They get senior-itis, wondering if they'll go to college or figure out whether to with their boyfriend or girlfriend," she said. "It's not glossy and sparkly and singing and dancing in the hallways.

"It's a film that will be relatable 30 years from now, and it will always take people back to high school when everything was the biggest issue in the world."

Teegarden and FNL cast mate Taylor Kitsch have a world of opportunities now that the show has ended. "Taylor Kitsch is off being Mr. Movie Star!," Teegarden said. "But we do talk from time to time. He's such a sweet, sweet guy."

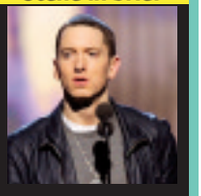
Like Kitsch, Teegarden is hitting her stride. "I went straight to Prom, then Scream 4 and Beautiful Wave," she said. "I'm producing Beyond the Darkness for Dennis Quaid at the end of the year. I'm so very busy and so very lucky." … And smart.

Prom movies

Here are some other prom-related movies.

- Pretty in Pink (1986)
- Carrie (1976)
- 10 Things I Hate About You (1999)
- Never Been Kissed (1999)
- She's All That (1999)
- Footloose (1984)

Scene in brief



Eminem plans to release an EP of new material that he recorded with fellow Detroit rapper Royce da 5'9".

The pair first worked together in the late 1990s, calling themselves Bad Meets Evil, with Royce da 5'9" as the "bad" and Eminem as the "evil" half of the duo.

One of the songs they recorded in those days, called Bad Meets Evil, appeared on Eminem's major label debut, The Slim Shady LP.

The new material will be released June 14 on Shady/Interscope Records.

Interscope says the EP's title will be unveiled "soon."

THE ASSOCIATED PRESS

Rapper-producer Pharrell works with eco-friendly company but still struggles to be green

Shelton back in studio after Honey Bee buzz

Blake Shelton knows an opportunity when he sees one.

With his new single Honey Bee setting a record for digital sales and rocketing up the charts, the country singer and soon-to-be reality television coach is going into the studio this week to finish his next album.

"Playing your cards too close to your chest doesn't pay out," Shelton said.

"I feel like right now if I've got a single that's exploding, easily my fastest climber, I don't want to do something like wait and put (the album) out in the fall. It's when you rally the troops and say, 'Man, we've got to get this thing done.'"

Until Shelton debuted the single during The Academy of Country Music Awards earlier this month, he was content to finish the album later this summer and release it in the fall.

He's got plenty to do as it is. His marriage to Miranda Lambert comes May 14 and his stint on NBC's The Voice debuts tonight, with live shows in June.

WADE PAYNE/AP PHOTO

▶ Blake Shelton

But that ACM awards performance of Honey Bee spurred a sales buzz and the single sold more than 138,000 digital copies its first week, a record for a country male solo artist.

It was the greatest gainer on the Billboard country songs chart and jumped to No. 21 last week. That's light speed in the world of country radio. So now the album is due out July 12 and Shelton's hitting Nashville this week to finish the untitled album with producer Scott Hendricks pronto. He's already got the songs picked out. It's just a matter of laying them down. Expect a good times vibe.

"Honestly it's just songs that I can kind of relate to at this moment of my life," Shelton said.

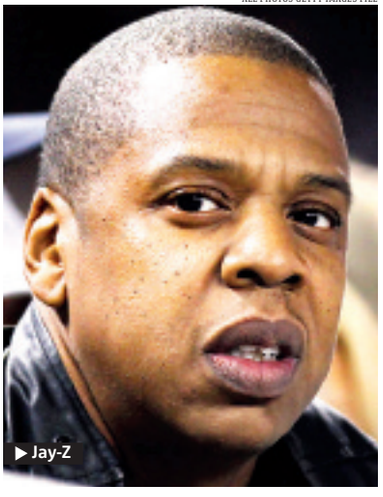
THE ASSOCIATED PRESS

William and Kate want rocking wed reception

Beyoncé, Jay-Z may be among entertainment after royal wedding Royal couple planning less formal bash for friends after official wedding reception

ALL PHOTOS GETTY IMAGES FILE

Beyoncé


Jay-Z

Beyoncé and Jay-Z have reportedly been asked to perform for Prince William and Kate Middleton after their wedding Friday, according to the Daily Star. "Both William and Kate are massive fans of Beyoncé and Jay-Z. They really wanted to make their big day even more special and what better way than by getting pop royalty to perform at the party?" a source says. "Will and Kate will have an official reception for hundreds of dignitaries before throwing a less formal bash for loved-ones. They both wanted to ditch traditions and make it more personal for them." Beyoncé is currently in Europe promoting her new single.
METRO

No more pizza for Britney

Britney Spears is reportedly serious about maintaining her new healthy lifestyle, if her tour demands are any indication. The singer has ordered caterers at stops for her Femme Fatale tour to exclude any junk food, including hot dogs, pizza and cookie dough ice cream, according to the Sun. And Spears has reportedly also banned alcohol from her presence as well.
METRO

Celebrity tweets

"Going to try to tweet more."
@RedHourBen

@snOOKI
"As everyones planning their night at the club, I'm wondering when Golds closes lol."

@ElizabethHurley
"Pouring with rain in.....India! What? Some mistake, surely....."

@SethMacFarlane
"Like all great artists, Tony Danza never actually came out and said who the boss was. They left it to the viewer to decide."

'Free spirit' Hugh still difficult to nail down

Hugh Grant reportedly has a new woman in his life, but he's keeping the relationship under wraps, according to News of the World. The actor and Tinglan Hong have reportedly been seeing each other since January. But the notoriously commitment-shy Grant, 50, isn't about to settle down. "He's still a free spirit," a source says. "Ting's a lovely girl, smart and very attractive. She and Hugh love spending time together. But as ever he's a very difficult man to nail down."
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3 life

ISTOCK PHOTO

▶ Reducing the spread of HIV and AIDS can help put the disease into long-term remission.

Copying Canadians

Made-in-Canada HIV treatment being implemented by other countries around the world

CELIA MILNE
LIFE@METRONEWS.CA

Thanks to a program pioneered in Canada, future cases of AIDS around the world are being prevented.

HAART, which stands for highly active antiretroviral therapy, uses triple-drug therapy to stop HIV in its tracks. B.C. has been using HAART treatment as prevention since 1996, with dramatic results.

"While an outright cure for HIV remains elusive, HAART has transformed HIV infection from a short-term death sentence into a chronic, manageable condition and helped restore the health of thousands in Canada and millions worldwide," says Dr. Julio Montaner, director of the British Columbia Centre for Excellence in HIV/AIDS at St. Paul's Hospital.

The B.C. Centre for Excellence in HIV/AIDS pioneered the concept of Treatment as Prevention and proved that it not only transforms HIV infection into a long-term chronic manageable disease, it also dramatically decreases HIV transmission rates. HAART therapy is available across Canada.

"In appropriately treated individuals, HAART reduces the concentration of HIV present in plasma."
DR. JULIO MONTANER

China recently adopted a similar program as its national HIV policy.

The made-in-Canada strategy is also being echoed in San Francisco, New York (the Bronx) and Washington.

Here's the impact the program has had in BC: In the early 1990s, at least one British Columbian per day was dying of AIDS. Since HAART's introduction in 1996, AIDS-related mortality has fallen by more than 90 per cent among those receiving treatment, says Dr. Montaner, who is also chair in AIDS research and head of division of AIDS at the University of British Columbia.

"In appropriately treated individuals, HAART reduces the concentration of HIV present in plasma and in sexual fluids to levels so low as to be undetectable by the best commercially available tests," says Montaner.

Reducing the infection allows people's immune systems to recover and stops the progression of HIV disease and even AIDS.

HAART

HAART has virtually eliminated vertical transmission of HIV, i.e. from an HIV infected mother to her baby. New cases of HIV among injection drug users in B.C. have decreased by 50 per cent since 2007. HAART has been shown to reduce sexual transmission of HIV by over 90%, and it is similarly effective in the injection drug use setting.
CELIA MILNE

Prognosis improves over time for most cancer patients: StatsCan study

340256

ISTOCK PHOTO

▶ A new study has predicted that in the future lunch is the meal most likely to be skipped.

Looking at the food forecast

Baby boomers predicted to eat more prepared foods
Younger generation will be skipping meals: study

In 10 years, it's expected that Canadian baby boomers will eat more convenience foods while people born after 1993 will be skipping more meals, according to research released last week.

A study conducted by Toronto marketing research firm NPD Group, called A Look into The Future of Eating — Canadian Marketplace, says that each generation will make its own distinctive mark on food consumption trends over the next decade.

In their analysis, the NPD Group asked people across the country to keep a food diary for seven days.

It predicted what each generation will be eating in 10 years and whether people tend to eat more or less of a food as they age, and looked at which age groups are growing or declining, explained Joel Gregoire, a food and beverage industry analyst with the NPD Group.

The top food groups expected to increase in importance are salty/savoury snacks, which include cheese, and easy meals, such as yogurt or snack bars.

Two of the food groups forecasted to decline in importance are heat-and-eat breakfasts and combination dishes, such as soups and stews.

Lunch was the meal most likely to be skipped in the future, the study found.

"Some of my speculation on that is that as post-millennials enter into early adulthood, people when they enter early adulthood tend to skip more meals. ... As people move out of the home, as they have a harder time with routine, they tend to skip more meals. As they get married, as they have children, as they age, that level of skipping generally tends to drop overall," Gregoire, 35, said in an interview.

THE CANADIAN PRESS

GETTY IMAGES

Cut down with kudzu

The root of the kudzu plant could help curb — not stop — your drinking.

Assistant Professor of Psychology at Harvard Medical School Dr. David Penetar explains how the root contains isoflavones, traditionally used in Chinese medicine to treat general maladies such as mild fever in addition to alcohol-related problems.

"In our experiment we found kudzu significantly decreased alcohol intake"
DR. DAVID PENETAR, HARVARD MEDICAL SCHOOL

"In our experiment we found kudzu significantly decreased alcohol intake (beer) in a 1.5 hour afternoon laboratory drinking session."

Penetar emphasizes that although it only reduced drinking, it might be effective to control binge drinking (more than five drinks in a short period of time). Kudzu is traditionally made into a powder and then brewed as a tea. ● **ROMINA McGUINNESS**

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More than just greens at this vegetarian eatery

- The Lo Bistro offers a creative take on veggie and vegan options
- The menu includes dishes such as Chick Pea Fritters & Coconut Curry

PAY CHEN

▶ Coconut Curry Noodles with house-made paneer.

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

People who refuse to eat at vegetarian restaurants often assume these places only offer up salad and tofu.

This is not true and The Lo Bistro proves that vegetarian and vegan food can be a flavourful and very filling option.

Sitting on the ground floor of the HI Downtowner Hostel, The Lo Bistro is easy to miss. But, especially if you don't typically eat vegetarian, do yourself a favour and discover how creative this lunch option can be.

The Chick Pea Fritters ($5.99) are four delicious golden fritters sitting on caramelized onions with a spoonful of fig jam and thick slices of brie cheese.

The Coconut Curry Noodles ($12.99) is large enough for two meals. The buckwheat noodles (or substitute rice noodles) are tossed with a mild in-house blended curry coconut sauce and large chunks of crispy fried homemade paneer.

No, your food won't taste like a steak or a burger and it shouldn't. It will, however, taste like good food.

The Lo Bistro
333 Kennedy St.
957-5872
Hours: Mon - Fri (11 a.m. - (9 p.m.), Sun (5 - 9 p.m.)
Quick solo lunch: Yes
Social lunch: Yes
Price range: $3.99 - $13.99
Rating: 4 out of 5

THE CANADIAN PRESS/ HO

Balsamic Glazed Mushrooms

This unique Balsamic Glazed Mushroom dish can be served over hot cooked rice or salad greens for a light vegetarian meal.

It will also work great as a side dish with grilled chicken or pork.

Preparation:

1. In a measuring cup or small bowl, mix together the vinegar, lime juice, sugar, garlic and hot red pepper flakes; set aside.
2. Heat a large skillet or wok over medium-high heat. Add the walnuts; cook and stir constantly for 2 to 3 minutes or until lightly toasted; remove and set aside.
3. In the same skillet, heat oil over medium-high heat; add the mushrooms and stir-fry for 3 to 4 minutes. Add the walnuts to the skillet and stir in the vinegar mixture while stirring constantly for 2 to 3 minutes or until the sauce is bubbling and the mushrooms are well coated
4. Serve the Balsamic Glazed Mushrooms on hot rice, mixed greens or as a side dish to grilled meat.

Tip: For a spicer dish, increase the amount of red pepper flakes to 1 tsp (5 mL).

THE CANADIAN PRESS/ MUSHROOMS.CA

Ingredients:

- 1/4 cup (50 mL) each balsamic vinegar and lime juice
- 3 tbsp (45 mL) packed brown sugar
- 2 large cloves garlic, minced
- 1/2 tsp (2 mL) hot red pepper flakes
- 1 cup (250 mL) broken walnut pieces
- 3 tbsp (45 mL) vegetable or olive oil
- 1 lb (500 g) small fresh mushrooms (white or cremini)

Don't put the ham away yet

- Just because Easter is over, doesn't mean you can't make a great ham dish

NEWS CANADA

▶ This dish combines ham, asparagus and cheese.

You don't need a holiday to make this Ham, Asparagus and Cheese Strata.

The dish uses a great combination of staples such as ham, cheese, chives and milk.

It's sure to be a crowd-pleaser, which is great since this recipe makes eight to 10 servings.

Ingredients:

- 1 lb (500 g) asparagus, cut into 2–inch (5 cm) pieces
- 12 slices egg bread
- 2 cups (500 mL) Schneiders Country Naturals smoked ham, cut into 1/2–inch (1 cm) cubes
- 1/4 cup (50 mL) chives
- 1 tbsp (15 mL) chopped fresh rosemary
- 2 cups (500 mL) grated cheddar cheese
- 1 cup (250 mL) freshly grated Parmesan cheese
- 6 eggs
- 2 1/2 cups (625 mL) milk
- 1 tbsp (15 mL) Dijon mustard
- 1/4 tsp (1 mL) black pepper

Preparation:

1. Cook the asparagus in a small amount of boiling salted water for about 2 minutes or until it is tender crisp; drain the asparagus and set aside.
2. Place 6 slices of bread on the bottom of a greased 13 x 9–inch (3.5 L) baking dish, cutting the bread to fit dish, if necessary.
3. Sprinkle half of the ham, asparagus, chives, rosemary and cheeses over the bread. Repeat with a second layer, ending with cheese.
4. In a large bowl, beat the eggs, milk, mustard and black pepper and pour evenly over the bread. Cover and refrigerate it for at least 2 hours or overnight.
5. Bake the dish uncovered in 350 F (180 C) oven for about 1 hour or until the egg mixture is set in the centre when tested with a fork. Let it stand for 5 minutes before serving to your family or guests.

NEWS CANADA/ SCHNEIDERS

A LOVE STORY THAT OVERCAME HARDSHIP

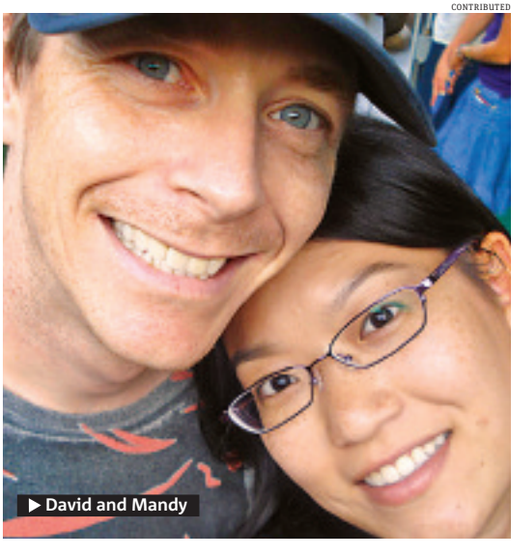
Names:
David and Mandy

Hometown:
New Westminster, B.C.

Together since:
2004

Their story:

CONTRIBUTED



▶ David and Mandy

Both David and I (Mandy) had followed friends to a Simon Fraser University pub party and, before we knew it, we were squished together in a crowd of strangers.

The circumstances were less than romantic, but those close quarters allowed his infectious humour to grab my attention. By the end of the night, I was enamoured.

After a few phone conversations, David and I went on our first date.

I knew immediately that there was something special about him.

And when he took a call from his sister during our date and explained to her whom he was with, I could tell by the tone of his voice that he had been feeling the same way about me.

David is easy to fall in love with, and I did — fast.

We were lucky to know the strength and depth of our love early on as we were about to face hardship. A year and a half into our relationship, David suffered a traumatic brain injury. He had to undergo a year of intense therapy in order to regain memories of our life together. Although he was changed, I knew our love was something special, and we remained committed to each other.

Ten months after his accident, David and his sister planned a surprise trip to Toronto for me.

He proposed at the top of the CN Tower. We married on March 3, 2011.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

MAYBE 'HE'S JUST NOT THAT INTO YOU'

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I went out on a date with this guy and it went really well. We set up a second date as we both had a great time. The only problem is he never called me back! I texted him a couple of times, but aside from some random, non-committal texts back, he's never asked me out again. What did I miss?

Clueless Against My Will

Claire: Dear Clueless,

If I could answer this I'd be richer than He-of-the-meringue-hairdo (Donald Trump). You say the date went well, so I assume that the conversation flowed easily, that his body language was good, and that you didn't mention that your meds have kicked in so that you don't hear "the voices" quite as often as you used to.

If any of the above is incorrect then the date didn't go as well as you thought, and that's why he didn't call.

But if it did, then this might have nothing to do with you: I believe that as we get older, timing increasingly dictates whether or not a relationship has a chance to bloom.

Perhaps he's in that grey area — that intersection between different phases of his life where all he knows is that he doesn't know what he wants.

The other possibility is that your date went so well that the ecstasy of your potential relationship was too life-altering for him to cope with, so he ran. In which case, keep taking your meds and move on.

Andrea: Dear Clueless,

There's a saying that I believe applies here: "He's just not that into you."

But don't fret. He did you a favour! By not engaging you beyond that one date, he quite possibly saved you the trouble of emotional upheaval down the road.

Although no one likes the silent treatment or pretending nothing happened, you didn't have to go through liking him, then not liking him and the inevitable, uncomfortable "we need to talk" talk.

The point is, you didn't miss a thing.

Instead, ask yourself what you liked about him, then use that information to find an even better hottie.

Once you learn to take a step back, you can enjoy the ride, and isn't that the best part?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Pre-nup a necessity?

Prenuptial agreements are a touchy subject. Many argue it takes the romance out of marriage, but protecting your money is a savvy, serious matter — you just never know what the future holds.

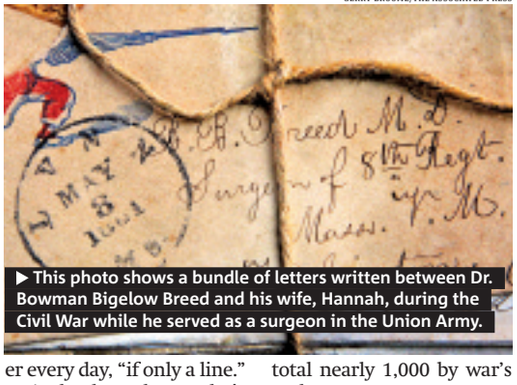
The British press has raised the issue of a royal prenup but Prince William's office declined to comment. In Britain, prenups are rare (unheard of in the royal family), but in Canada they're becoming more common.

Weddingbells' 2011 Reader's Survey results revealed 32 per cent of brides thought it was a smart idea, a figure that's up six percent from the 2010 results.

ALISON MCGILL
WEDDINGBELLS.CA

Letters of love in a time of war

GERRY BROOME/THE ASSOCIATED PRESS



▶ This photo shows a bundle of letters written between Dr. Bowman Bigelow Breed and his wife, Hannah, during the Civil War while he served as a surgeon in the Union Army.

Alone in his hotel room after a solemn dinner with his brother, the newly enlisted army surgeon took up pen and paper to make the first instalment on his promise.

"I have a few moments," he wrote to his wife, just 16 kilometres up the coast in Lynn. "I am in such a whirl that I can hardly think, much less write."

Just four days earlier, on April 12, 1861, Confederate artillery had fired on Fort Sumter in Charleston Harbor, igniting the Civil War. On April 15, President Abraham Lincoln issued an urgent appeal "to all loyal citizens," seeking 75,000 volunteers to quell the rebellion.

The very next day, Dr. Bowman Bigelow Breed — my great-grandfather — was on a train south, bound for Boston, and for war.

Bowman and my great-grandmother, Hannah, vowed to write to each other every day, "if only a line."

And they kept their promise as well as one can during a time of war.

Except for brief furloughs and the few months when she would join him at one of his postings, they were apart from the fading echo of those first cannon shots in South Carolina until an assassin's bullet ended Lincoln's life four years later.

Their "precious letters," as each called them, would total nearly 1,000 by war's end.

Growing up in Lynn, I had listened eagerly to my dad's vivid stories about the Civil War and the grandfather he never knew.

But until two years ago, when my oldest brother, Putnam, handed me a heavy cardboard box containing the letters, I had no idea where those stories came from.

ALLEN G. BREED/
THE ASSOCIATED PRESS

ACTIVE SAVING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Want to save $1,000 this summer?

Wipe the cob webs off your roller blades and tune up that rusty bicycle that's sat in storage all winter.

This summer, bike, blade, run or walk to work or social events. Rather than paying big bucks for outdoor concerts and events, grab your hiking boots and hit the local trails in Canada's beautiful national parks. Not only will you feel better about your health, but, you'll save on metro passes, vehicle maintenance, extremely expensive gasoline and entertainment.

Set a frugal fitness goal such as being active for at least 30 to 45 minutes each day.

Consider changing your eating habits too. Lounging on patios, soaking up the sunshine, having a few cold ones and snacking can add up to hundreds of dollars throughout the summer season. Invite your friends over to kick back in your yard or balcony. Host a barbeque or meet at an empty field, have a picnic and play softball.

Set a frugal entertainment goal such as socializing with friends outside restaurants and bars once a week.

I'm an avid cook and I long for summer when I can buy a wider variety of locally grown and organic fresh food.

Buying food in season and from local growers can translate into better prices and helps support small business within your community.

Tackle taxes with a list

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

If you haven't completed your 2010 tax return, a list will galvanize you.

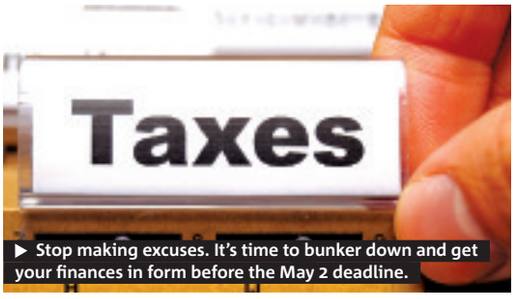
I'm a great believer in making a list for those times when you just can't get at it — whatever "it" is.

Lists are your one-stop solution to a bout (or permanent case) of procrastination. It's oh-so reinforcing to cross off tasks as you progress.

This is particularly true in the world of money. The trick is to break the job down into easily achievable steps.

According to an H & R Block poll released April 13th, 10 per cent of filers plan on doing their taxes this week, just days before May 2, and many more won't make the deadline.

ISTOCK



▶ Stop making excuses. It's time to bunker down and get your finances in form before the May 2 deadline.

As a public service to those procrastinators here's my income tax preparation list to get you going.

• If you're using tax software, sign on — some banks offer a discount rate with the major providers, such as TurboTax through RBC and UFile through CIBC.

You can also do-it-yourself with H & R Block software. Otherwise go to cra-arc.gc.ca, click Individuals then 2010 Tax Package to download and print, or go to the post office for a paper copy.

• Gather expense receipts and separate into major categories; medical\dental, child, education, donations, RRSP, rental (if you own a rental property) and so on.

Total each and note it on the file or envelope.

• Gather income slips and clip together based on category - T4, T4A, T5, etc.

• Clear a desk or table surface — I'm talking all clear!

• Assemble writing implement, paper, calculator and stickies.

• Turn off or un plug your phones so you can concentrate.

• Begin. Mark what you don't understand with a stickie (for paper filers) or make a note (for e-filers) and return to it later.

• Complete form.

• Smile if there's a refund due.

• Mail or net file form.

• Pay tax owing at your bank.

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club metro

Habs looking to catch a break

Scott Gomez is hoping fate will turn in the Montreal Canadiens' direction.

Overtime wins in the fourth and fifth games have given the Boston Bruins a 3-2 lead in their best-of-seven Eastern Conference quarter-final, but that's how close the battle has been between the Northeast Division rivals.

BRUINS | CANADIENS

▶ **Time:** 6 p.m., tonight
TV: CBC

"It's a great series," Gomez said yesterday. "It's been so weird.

"It's whoever gets that little break or bounce. It's fun for us. They threw the last punch and now we have to throw one. If you looked at the teams this season, this is what it boils down to."

The Bruins can put away the Canadiens with a victory in Game 6 at the Bell Centre tonight.

It promises to be a good one, with Boston looking to come back from an 0-2 deficit to win a best-of-seven series for the first time in 27 tries, and Montreal seeking the same magic that saw them win five elimination games while ousting Washington and Pittsburgh in the opening two rounds of the playoffs a year ago.

If Game 7 is necessary, it will be played tomorrow night in Boston.

Montreal took the first two games in Boston and the Bruins won the next two in Montreal. In the playoffs, each club has scored 12 goals.

THE CANADIAN PRESS

Lightning fight back, push Pens to Game 7

Tampa Bay starts slowly, but puts four past Fleury on just 21 shots

Steve Downie scored to snap a third-period tie and Dwayne Roloson stopped 27 shots last night, helping the Tampa Bay Lightning beat Marc-Andre Fleury and the Pittsburgh Penguins 4-2 to force a Game 7 in their first-round playoff series.

4 LIGHTNING | 2 PENGUINS

The deciding game is tomorrow night in Pittsburgh, where Tampa Bay has already won twice this post-season, including an 8-2 Game 5 blowout that began its comeback from a 3-1 deficit in the Eastern Conference first-round series.

Downie put the Lightning ahead for good, scoring after Pittsburgh's Jordan Staal gave the Penguins life with a goal to tie it 2-2 early in the third. Teddy Purcell, Sean Bergenheim and Ryan Malone also scored against Fleury, who faltered for the second straight game.

Pulled after yielding four goals on 14 shots in Game 5, Fleury couldn't protect an early 1-0 lead from a Pascal Dupuis goal and struggled again when Pittsburgh looked like it had regained momentum.

Roloson played huge in contrast, rejecting point-blank shots by Maxime Talbot and Pascal Dupuis moments before Downie's winner. THE ASSOCIATED PRESS

ELIOT J. SCHECHTER/GETTY IMAGES

▶ Steve Downie of Tampa Bay scores the game-winning goal against Pittsburgh's Marc-Andre Fleury in the third period last night.

Judge orders end to NFL lockout

Six weeks into the NFL lockout, players have an early triumph over the owners in court.

U.S. District Judge Susan Richard Nelson ordered an immediate end to the lockout yesterday, siding with the players in their fight with the owners over how to divide the $9-billion US business. The NFL immediately said it would ask Nelson to put her order on hold so the league can pursue an expedited appeal to the 8th U.S. Circuit Court of Appeals in St. Louis, Mo.

What rules?

If the injunction is upheld, the NFL must resume business, although under what guidelines is uncertain.

Nelson granted a request for a preliminary injunction to lift the lockout, saying she was swayed by the players' argument that the NFL's first work stoppage since 1987 is hurting their careers.

The NFL is going forward with the draft, which begins Thursday night.

THE ASSOCIATED PRESS

Sports in brief

Setback for Phil Hughes

MLB. Injured Yankees starter Phil Hughes had a setback yesterday in his rehabilitation from a "dead arm," cutting short a bullpen session after about a dozen pitches.

Hughes went on the disabled list April 15 because of a significant drop in his velocity this season. THE ASSOCIATED PRESS

Laker arrested in New Orleans

NBA. Authorities say Los Angeles Lakers forward Derrick Caracter was arrested in New Orleans, accused of public drunkenness and shoving a cashier at a pancake restaurant.

THE ASSOCIATED PRESS

4 sports

Quoted

"It's always something special. I've won it a few times."

RED WINGS DEFENCEMAN NICKLAS LIDSTROM, A SIX-TIME NORRIS TROPHY WINNER, ON BEING A FINALIST FOR THE 11TH TIME IN 13 SEASONS FOR THE AWARD RECOGNIZING THE NHL'S BEST BLUE-LINER.

"It means a lot to me to play at this level in this league at this age. I sat next to Chris Chelios for nine years, so I saw up close what it takes at this age to stay in shape."

LIDSTROM, WHO TURNS 41 ON THURSDAY. THE OTHER FINALISTS FOR THE NORRIS ARE BOSTON'S ZDENO CHARA AND NASHVILLE'S SHEA WEBER.

Canucks go with Luongo

- After being benched for Game 6, goalie gets the call for tonight's game
- Luongo allowed 10 goals in 40 shots in his last two starts

Goaltender Roberto Luongo will start in net for the Vancouver Canucks in tonight's Game 7 of their NHL playoff series against the Chicago Blackhawks.

That was the definitive word yesterday from coach Alain Vigneault, who had trouble maintaining a poker face in front of the media.

"We've discussed all the decisions but I can tell you right now, Louie's playing (tonight)," Vigneault said.

Of course, he also said Luongo would start Sunday's 4-3 overtime loss in Chicago, but rookie Cory Schneider got his first playoff start instead.

"It's a high-pressure situation and the nerves will be there definitely, but we can't forget to enjoy it because those are fun games to be part of."
ROBERTO LUONGO

It wasn't Schneider's first appearance in the playoffs.

He mopped up for Luongo in lopsided losses in Games 4 and 5 as Chicago rallied in the best-of-seven Western Conference quarter-final after Vancouver won the first three games.

"Positive," Vigneault said with a smile and a chuckle when asked if he was sure Luongo would play one of the most critical games in the franchise's 40-year history. "Would I lie to you?"

Schneider, who left Sunday's game after cramping up while failing to prevent Michael Frolik from scoring on a penalty shot, will be the backup, Vigneault said.

"I'm not kidding. Does this look like the face of a kidder?"

General manager Mike Gillis said Sunday's move wasn't made known until game time because people without proper credentials entered the Canucks dressing room in Chicago.

"We just kept it quiet to keep the pressure off Cory and not have people snooping around," said Gillis, who collaborated with the coaches on the goaltending decisions.

Luongo and other players interviewed before Vigneault's announcement spoke as though today's goaltending decision had yet to be made.

"I'll wait to hear if I get the nod," said Luongo, who was torched for 10 goals on 40 shots in his last two starts. "I'm getting ready as if I'm playing."

THE CANADIAN PRESS

Chicago media gloat

Hockey fans in Chicago are feeling pretty good. So are their columnists, after the Blackhawks' latest comeback against the Vancouver Canucks.

The defending Stanley Cup champions pulled even with league-leading Vancouver with a 4-3 overtime victory Sunday night that saw the Canucks start Cory Schneider in place of star goalie Roberto Luongo.

"Chicago, delirious. Vancouver, suicidal," wrote Chicago Tribune columnist Steve Rosenbloom.

"The first one, I'm sure about. The second is a good guess. This is a meltdown of epic proportions, even for the weak-willed Canucks. There's not enough Kokanee (beer) in British Columbia to anesthetize the province."

Added Joe Cowley of the Chicago Sun-Times: "No, there is no measuring the heart of a champion. But it's easy to tell when a team doesn't have it, and you don't, Canucks."

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DARRYL DYCK/THE CANADIAN PRESS

▶ Roberto Luongo adjusts his mask during practice in Vancouver yesterday.

Canucks GM puts blame on refs

General manager Mike Gillis is blaming the referees for the Vancouver Canucks being forced to play a Game 7 in their NHL playoff series against the Chicago Blackhawks.

Gillis said his team has its back against the wall because more penalties are being called against the Canucks than Chicago.

"I'm not sure how you explain that discrepancy, but we're going to be very hard-pressed to win hockey games if throughout the entire series, when the score is tight, they get 75 per cent more power plays than we do," Gillis said.

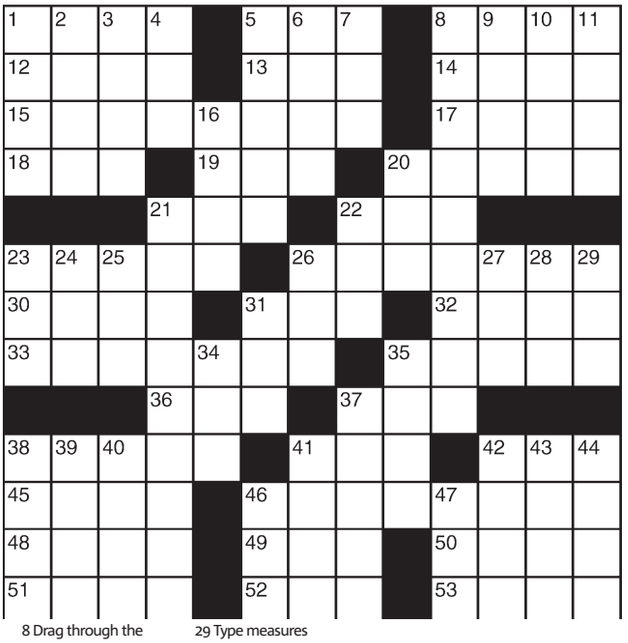
Gillis said Vancouver's 4-3 overtime loss Sunday was an example of the calls going against his team.

"I thought we played our best game of the series last night," said Gillis. "I felt if it would have been a level playing field, we would have won the game." **THE CANADIAN PRESS**

DARRYL DYCK/THE CANADIAN PRESS

▶ Canucks GM Mike Gillis speaks yesterday.

Crossword



Across

1 Temperate
5 Tennis ball container
8 Pedestal part
12 Sandwich cookie
13 Surprised cry
14 Press
15 Find
17 Ledge
18 Curvy letter
19 Jewel
20 — anteater
21 Parched
22 Scratch
23 Singer Gorme
26 Unknown woman
30 Greets the villain
31 Use a ray gun
32 Sunrise
33 Meat dealer
35 London newspaper
36 Coffee vessel
37 A welcome sight?
38 Military higher-ups
41 Zero
42 Ballpoint, e.g.
45 Billions of years
46 Reveal
48 Carry
49 Autumn mo.
50 "My bad"
51 Late-braking development?
52 Firmament
53 Wherefores' mates

Down

1 Fashion
2 Rainbow
3 Not so much
4 Medic
5 Small flock
6 Attention getter
7 Neither partner
8 Drag through the mud
9 Met melody
10 Barbie, e.g.
11 Sans siblings
16 Shrek, for one
20 — Diego
21 Talked about
22 Navigation aid
23 Recede
24 Second person
25 E-mail address component
26 Discordance
27 Beavers' construct
28 Have bills
29 Type measures
31 Buddhist sect
34 Day portions (Abbr.)
35 Body powder
37 Johnny Mathis classic
38 Wagers
39 Chess piece
40 Opposed to
41 Shaving mishap
42 Milne bruin
43 Catch sight of
44 Capone foe
46 Two, in Tijuana
47 Depressed

▶ Yesterday's answer

T	S	P			E	R	A		L	E	A	P		
O	P	E	C		N	E	W		A	R	C	H		
Y	E	A	H		D	N	A		D	E	E	D		
S	C	R	A	M		O	K	A	Y					
			R	E	D		E	N	J	O	Y	S		
S	W	A	L	L	O	W		D	A	M	U	P		
T	A	X	I		G	A	B		N	I	L	E		
I	S	L	E	S		R	I	V	E	T	E	D		
R	H	E	B	O	K		B	O	G					
			R	U	L	E		W	R	O	N	G		
A	R	C	O		U	T	E		E	P	E	E		
C	H	O	W		T	U	G		Y	A	R	N		
T	O	W	N		Z	I	G			L	O	T		

Sudoku

	1		8	2	5			
			7					9
	8							5
4							3	1
	2	7	9		4	5	8	
3	5							2
2							6	
8					3			
			4	5	6		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Ryan, I am really happy we are together, and I would like more hugs and kisses. Thanks!
From **MICHELLE**

Nicole, You mean the world to me. You're beautiful, caring and simply wonderful. I hope one day we can lay upon an open sun-kissed meadow and spend hours doing nothing but being together. Will you go to prom with me?
From **DANIEL**

Kitty, Happy 20 Months babe, Aug. 28th i know i remember, i confessed . i know you don't love me, but you care about me that's whats special. You know how i feel and you care . What we have is really special, and today i just want to say i love you kitty :) Bye bye !
From **DOG**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 5° Max 20°	Min 6° Max 15°	Min 2° Max 17°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It may seem as if certain areas of your life are not functioning as well as they should.

♉ Taurus April 21-May 21 If you make an effort to help someone in need today your kindness will be noted.

♊ Gemini May 22-June 21 Don't limit your horizons – be open to new experiences.

♋ Cancer June 22-July 22 If you think that your efforts have not been properly rewarded that will change very soon.

♌ Leo July 23-Aug.23 It's good to get away from the daily grind once in a while.

♍ Virgo Aug. 24- Sept. 22 You will be attracted to someone who is as different from you as chalk is from cheese

♎ Libra Sept. 23-Oct. 23 Don't give in to jealous feelings.

♏ Scorpio Oct. 24-Nov. 22 The harder you have pushed yourself in recent weeks the more you need to take things easy now

♐ Sagittarius Nov. 23-Dec. 21 A new relationship is likely but give it time to develop.

♑ Capricorn Dec. 22-Jan. 20 Forgive and forget and let someone know that you do not hold a grudge against them.

♒ Aquarius Jan. 21-Feb. 18 If life isn't a great adventure then you're doing it wrong.

♓ Pisces Feb. 19-March 20. You're in a buying mood and the more things cost the more you want them.

SALLY BROMPTON

Caption contest

RON JOHNSON/THE ASSOCIATED PRESS

MISHA JAPARIDZE/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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